

Minutes of the Regular Meeting
School Health Advisory Council (SHAC)
Pearland Independent School District

Regular Meeting of the Pearland Independent School District School Health Advisory Council (SHAC) was held on **Monday, September 25, 2023**, beginning at 4:00 p.m.

The subjects to be discussed, considered, or upon which any formal action may be taken are listed below.

1. Welcome & Introductions

- a. Dr. Nixon welcomed the members and briefly reviewed information regarding risks of Fentanyl poisoning and prevention. SHAC will review any potential curriculum options related to the risks of Fentanyl and drug abuse use and prevention.

2. Character Dares for Families – Dr. Chenda Moore, Coordinator of Guidance Services

- a. Dr. Moore engaged SHAC members in a Character Strong Character Dare activity, Names Are Important, that is used in our classrooms and could be used with any group in any meeting. Dr. Moore also provided a handout of Character Strong Character Dares for Families that provide families the opportunity to engage in challenges designed to increase connection and conversation at home.

3. Review Components of a Coordinated Health Program – Dr. Lisa Nixon, Assistant Superintendent of Educational Services & Pearland ISD Staff

- a. Dr. Nixon and other district staff members present reviewed the Components of Coordinated School Health which are the framework for the district Wellness Plan. The following components were discussed:
 - 1. **Health Education** - Kindergarten through high school health education curriculum that is sequential and developmentally appropriate, and that addresses physical, mental, emotional, and social dimensions.
 - 2. **Nutrition Environment & Services** - Nutrition services assure access to a variety of nutritious, affordable, and appealing meals in school that accommodate the health and nutrition needs of all students. School nutrition programs reflect the U.S. Dietary Guidelines for Americans and other criteria to meet the complete nutrition needs of students.
 - 3. **Employee Wellness** - Work-site health promotion programs that encourage and support staff in pursuing healthy behaviors and lifestyles.

4. **Social & Emotional Climate** - Social and Emotional Climate refers to the psychosocial aspects of students' educational experience that influence their social and emotional development. A positive social and emotional climate is conducive to effective teaching and learning. Such climates promote health, growth, and development by providing a safe and supportive learning environment.
5. **Physical Environment** - A healthy and safe physical school environment promotes learning by ensuring the health and safety of students and staff.
6. **Health Services** - Health services are provided by school health nurses to appraise, protect, and promote the health of students. These services include assessment, planning, coordination of services and direct care for all children, including those with special health care needs.
7. **Counseling, Psychological, & Social Services** - These prevention and intervention services support the mental, behavioral, and social-emotional health of students and promote success in the learning process. All students receive these services, including developmental classroom guidance activities and preventative educational programs, in an effort to enhance and promote academic, personal, and social growth.
8. **Community Involvement** - Community groups, organizations, and local businesses create partnerships with schools, share resources, and volunteer to support student learning, development, and health-related activities.
9. **Family Engagement** - Families and school staff work together to support and improve the learning, development, and health of students. Family engagement with schools is a shared responsibility of both school staff and families.
10. **Physical Education & Physical Activity** - Physical education classes and physical activities that promote physical fitness, motor skills, social and personal.

- b. As part of this discussion Mrs. Reynolds, Coordinator of Health Services, and Mrs. Sherrie Mullikin, District Lead Nurse, highlighted the work of our campus school nurses including individual health plans, student health emergency plans, campus medical emergency response plans, state required screenings, Stop the Bleed Training, immunization compliance, monitor and prevent spread of communicable disease, and providing resources and referrals to community resources.

4. Creating a Shared Vision – Dr. Lisa Nixon, Assistant Superintendent of Educational Services

- a. Dr. Nixon asked the SHAC members for feedback on their thoughts regarding their experience in Pearland ISD and gave them time to provide written responses to several questions. Dr. Nixon will compile this information and share with SHAC during the next meeting.

5. Ideas/Requests for Future Meeting Topics

- a. During the previous meeting, a question was asked about the Reunification Drill that was scheduled for October 20, 2023. Mr. Hayes briefly reviewed the Reunification Drill with

staff, parents, and students from three classrooms at Rogers Middle School. Mr. Hayes shared that district staff was able to test and practice the process from beginning to end. Dr. Moore also shared that Student Support Counselors met with each classroom after the drill to process the event and seek student feedback. Overall, the event was very beneficial and provided district staff with valuable feedback on how to improve the process moving forward.

6. Next Meeting – Monday, February 5, 2024